



Universidade do Minho
 Serviços de Acção Social
 Departamento Alimentar

TAKE AWAY MENU - FROM 19 TO 23 JUNE 2023

	MONDAY 19/jun	TUESDAY 20/jun	WEDNESDAY 21/jun	THURSDAY 22/jun	FRIDAY 23/jun
Soup	Portuguese cabbage soup	Red bean soup	Creamy pumpkin soup	Chickpeas soup	Vegetables soup
Fish	Gratin hake	Stewed squid's tentacles with vegetables	Gratin pasta with tuna	Fish tortilla (hake and surimi)	Codfish "à Brás" (with french potato, parsley, onion and egg)
Meat	Roasted turkey breast with aromatic herbs and Porto wine	Roasted pork loin	Gratin chicken	Duck rice	Stewed pasta with meat, chickpeas and vegetables
Vegetarian	Soy bolognese	Chickpeas salad with vegetables	Braised pasta with seitan and soy sausage	Stewed beans with soy sausage	Stuffed bell peppers with seitan and vegetables

Notes:

1- For reasons related to supplies, the menus may change.